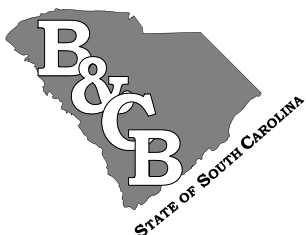


SELF-CARE

Most pathogens are destroyed between 140 and 160 °F. However, for best quality, meat and poultry require various temperatures for "doneness." Most available food thermometers will give an accurate reading within 2 to 4 °F.

Recommended Temperatures	
Food	Temperature °F
Ground Meat and Meat Mixtures	
Beef, Pork, Veal, Lamb	160
Turkey and Chicken	165
Fresh Beef, Veal, Lamb	
Medium	160
Well Done	170
Poultry	
Chicken & Turkey (Whole)	180
Poultry breast, roast	170
Poultry thighs, wings	180
Duck & Goose	180
Stuffing (Cooked alone in bird)	165
Fresh Pork	
Medium	160
Well Done	170
Ham	
Fresh (raw)	160
Pre-cooked (to reheat)	140
Eggs & Egg Dishes	
Eggs	Cook until yolk & white are firm
Egg Dishes	160
Leftovers & Casseroles	165

These temperatures are recommended for consumer cooking. They are not intended for processing, institutional or foodservice preparation. Food service professionals should consult their state and local food code and/or health department.



STATE HEALTH PLAN PREVENTION PARTNERS
South Carolina State Budget and Control Board
Office of Insurance Services-Insurance Benefits Management
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